If you are recuperating from a heart attack or heart surgery, you may need to take part in a rehabilitation program. You can do your cardiac rehabilitation close to home, in Madelia!

Cardiac rehabilitation is designed to help patients exercise safely and maintain a heart-healthy lifestyle. It usually includes an exercise program, education and support in making lifestyle changes like quitting smoking and adopting a healthier diet.

Benefits of Cardiac Rehab:

- Improve your ability to carry out activities of daily living
- Reduce your heart disease risk factors
- Improve your outlook and emotional stability
- Increase your ability to manage your health
- Improve quality of life

Call **507.642.5211** to set up an appointment!